

January 2019

WESTSIDE MIDDLE SCHOOL

BREAKFAST



School Information: Each meal is served with a choice of Fat Free Chocolate or White Milk and a fruit & or Juice.
USDA is an equal opportunity provider & employer



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



NO 1
SCHOOL

NO 2
SCHOOL

NO 3
SCHOOL

NO 4
SCHOOL

NO 7
SCHOOL

Toast & Cereal 8
OR
Sausage & Biscuit

Toast & Cereal 9
OR
Pancake on a Stick

Toast & Cereal 10
OR
Biscuits & Gravy

Toast & Cereal 11
OR
Goody Bun

Toast & Cereal 14
OR
Pop-Tart

Toast & Cereal 15
OR
Sausage & Biscuit

Toast & Cereal 16
OR
Pancake on a Stick

Toast & Cereal 17
OR
Biscuits & Gravy

Toast & Cereal 18
OR
Goody Bun

NO 21
SCHOOL

Toast & Cereal 22
OR
Sausage & Biscuit

Toast & Cereal 23
OR
Pancake on a Stick

Toast & Cereal 24
OR
Biscuits & Gravy

Toast & Cereal 25
OR
Goody Bun

Toast & Cereal 28
OR
Pop-Tart

Toast & Cereal 29
OR
Sausage & Biscuit

Toast & Cereal 30
OR
Pancake on a Stick

Toast & Cereal 31
OR
Biscuits & Gravy





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Tuesday

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Friday



NO

1

SCHOOL

NO

2

SCHOOL

NO

3

SCHOOL

NO

4

SCHOOL

NO

7

SCHOOL

Pulled BBQ Chicken Sandwich 8

Grilled Cheese
Potato Wedges
Pork-N-Beans
Pears

Chicken Nuggets
Hot Dog
Mash Potatoes
Green Beans
W/G Roll
Applesauce

9

Chicken-N-Noodles
Grilled Cheese
Steamed Broccoli
Carrot Coins
W/G Roll
Strawberries

10

Ham & Cheese Sandwich 11
Hot Dog
French Fries
Carrot Sticks W/ Dip
Mixed Fruit

Taco Soup
Hot Dog
Carrot Sticks
Broccoli W/ Dip
Corn Chips
Peaches

14

Burrito
Grilled Cheese
Chips & Salsa
Pinto Beans
Applesauce

15

Spaghetti
Hot Dog
Carrot Coins
Green Beans
W/G Roll
Raisins

16

BBQ Grilled Chicken Sandwich 17
Grilled Cheese
French Fries
Pork-N-Beans
Strawberries

17

Sloppy Joe
Hot Dog
Corn
Tatar Tots
Mixed Fruit

18

NO

21

SCHOOL

Beef Taco
Grilled Cheese
Chips & Salsa
Pinto Beans
Applesauce

22

Turkey & Cheese Sandwich 23
Hot Dog
Potato Wedges
Baked Beans
Pears

23

Pork Roast
Grilled Cheese
Mash Potatoes
Carrot Coins
W/G Roll
Peaches

24

BBQ Chicken Drumsticks 25
Hot Dog
French Fries
Broccoli W/ Dip
Mixed Fruit

25

Honey Mustard Chicken Sandwich 28

Hot Dog
French Fries
Broccoli W/ Dip
Raisins

Fajita Chicken Taco
Grilled Cheese
Chips & Salsa
Pinto Beans
Pears

29

Chicken Nuggets
Hot Dog
Mash Potatoes
Green Beans
W/G Roll
Strawberries

30

Fried Bologna Sandwich 31
Grilled Cheese
French Fries
Baked Beans
Mixed Berries

31

